

PILOT KNOB 10K RUN

Saturday, November 4, 2006

Part of 28th Annual Tennessee State Park Running Tour

NATHAN BEDFORD FORREST STATE PARK, Eva TN. Park info 731-584-6356.

Directions: From Nashville, take I-40 West to the Camden exit (Hwy 69 or SR 641). Take Hwy 191 to Eva Beach Drive on Tennessee River.

Start and Finish: at Eva Park Lodge. The 10K race starts at 11:00 AM central time.

Course: starts on the main road, then turns left on Hwy 191. At The Park entrance continue on County Hwy 308 to the summit turnaround. The same way back. Every mile is marked.

Long Sleeve T-shirt: guaranteed to all pre-registered runners.

Awards: Five-year age groups with 3 awards in each category from under 20 to 65+. Special awards to overall male and female winners.

Pre-registration Deadline: October 28, 2006. Race day registration from 9:30 to 10:45 a.m.

Race Director: Mike Bell, Jackson Roadrunners (731-584-9147).

Entry Fee: \$ 15.00 payable to Pilot Knob 10K
or \$ 5.00 without shirt
(Late fee without T-shirt \$ 10.00)

Mail registration to: **Pilot Knob 10K**
1900 Liberty Rd
Camden, TN 38320

Registration Pilot Knob 10K Name_____

Address_____ City_____ Zip_____

Age (on race day)_____ Gender _____ T-shirt Size (circle) S M L XL No Shirt

Entry fees are non-refundable. Awards and shirts will not be mailed.

Waiver of Liability. In consideration for accepting my entry, I, for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims for damages I may have against the Tennessee Department of Environment and Conservation and the Jackson Roadrunners or RRCA. I also release the above named for all claims of damages, demands, and actions in any manner due to any personal injuries, property damage, or death sustained as a result of my traveling to and from and my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the competition in the 2006 Pilot Knob 10K. I hereby grant the Tennessee Department of Environment and Conservation and all sponsors permission to use my name, photograph and likeness in any broadcast, telecast, or media account. In filling out this form, I acknowledge I have read and understand my ability.

Signature_____ Date _____
(Parent signature for runners under the age of 18)